

dan 2

gakka

dan 2

1. the history of shorinji kempo (the process of its revival in post-war Japan)
2. how shorinji kempo was established, and the history of naming shorinji kempo
3. budo and the way it should be
4. the true meaning of hokei
5. the principles used in shorinji kempo
6. the three elements of Ken
7. the sixth sense
8. shin ki ryoku – on the unity of mind, spirit and strength
9. hei jo shin – peaceful unmoved state of mind
10. randori when armed with protectors
11. san tei san po niyu go kei – 3 parts, 3 systems, 25 branches of techniques
12. kisei and kiai

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essay

1. the purpose of seeking michi (the way) and the value of training
2. your personal view on true strength

techniques

basic

1. *tan en* – tenchi ken 1, tenchi ken 2; tenchi ken 3, tenchi ken 4, tenchi ken 5, tenchi ken 6, ko manji ken
2. *so tai* – ryuo ken 1, tenchi ken 2

random

- 5 goho & 5 juho

kumi embu

dan 2 ()*

1. tsuki ten 1 – ren hanko: kusshin geri, kumade, sokuto geri
2. tai ten 1 – ren hanko: ura mawashi geri
3. idori gyaku gote or gyakute nage – ? gatamae
4. uwa uke nage or uwa uke gyakute nage
5. kinteki geri hiza uke nami gaeshi – ren hanko: jo-chudan zuki, kubi nage
6. jun geri chi 1 – ren hanko: shuto giri (or jodan zuki), soto uke, uchi uke/otoshi uke, mawashi geri
7. maki otoshi or soto maki otoshi
8. okuri hiji zeme
9. shita uke geri kote nage

10. keri ten 1, sukui kubi nage

application

1. *goho* – free randori
2. *juho* – offense: grab wrist, sleeve or lapel; defense: nuki waza or gyaku waza

kihon

dan 2

- *sokui-ho* – neko-ashi
- *tai-gamae* – taiki gamae, gyaku gedan-gamae
- *kogi* – hebi-zuki (snake strike), kaeshi geri, kari-ashi
- *bogi* – hiza-uke, ken-uke

kamoku

dan 2 (goho)

1. uchi oshi uke zuki
2. soto oshi uke zuki
3. shita uke jun geri
4. kaishin zuki
5. gedan gaeshi
6. harai uke dan zuki
7. soto uke dan zuki
8. uchi age dan zuki
9. chio ken 1 (jun, gyaku)
10. tsuki ten 2
11. kon ten 1
12. kakaritsu ken 1 (kinteki, hiza uke nami gaeshi)
13. kakaritsu ken 2 (gyaku geri, hiza uke, nami gaeshi)
14. byakuren ken 1 (tsubame gaeshi)
15. byakuren ken 2 (chidori gaeshi)

dan 2 (juho)

1. ryo muna otoshi
2. hiki muna otoshi
3. idori gyaku gote (oshi yubi gatame or gyakute gatame)
4. idori okuri gote
5. idori oshi gote
6. idori uwa sode dore (uwa sode maki)
7. morote gyaku gote (tate ichiji gatame, sekoshi ichiji gatame, kumo-garami)
8. tsuri otoshi
9. okuri dori
10. tsuri-age dori
11. kote maki gaeshi
12. sode maki gaeshi

13. sode-guchi dori, sode-guchi maki
14. maki juji-gote
15. maki otoshi
16. soto maki-otoshi
17. hiki-otoshi
18. shita-uke geri, kote nage
19. ninin-nuki (two man draw)
20. ude juji, ura gassho gatame

hokei

dan 2

- **nio ken :**

[*kyu 6*] – ryusui geri (ushiro), uwa uke zuki (omote, ura), uchi uke zuki (ura), tenshin geri

[*kyu 5*] – ryusui geri (mae), uwa uke geri (omote, ura)

[*kyu 4*] – uchi age zuki (ura, omote), uchi age geri (ura, omote), soto uke zuki (ura, omote), soto uke geri (ura, omote)

[*kyu 3*] – uchi uke geri (ura, omote), soto oshi uke zuki, uchi oshi uke zuki

[*kyu 2*] – uchi uke zuki (omote), kushshin zuki, kushshin geri, kushshin zuki geri, soto oshi uke geri, uchioshi uke geri

[*dan 2*] – hangetsu geri, kaishin zuki

- **sango ken :**

[*kyu 5*] – shita uke geri, shita uke jun geri

[*kyu 3*] – juji uke geri

[*kyu 2*] – han tenshin geri, yoko tenshin geri

[*kyu 1*] – harai uke geri

[*dan 2*] – gyaku tenshin geri?

- **tenno ken :**

[*kyu 3*] – tsuki ten 1

[*kyu 2*] – konten 1

[*kyu 1*] – furi ten 2, tsuki ten 2, keri ten 3, tsuki ten 3

[*dan 2*] – gyaku ten 1, tai ten 1

- **byakuren ken :**

[*kyu 1*] – tsubame gaeshi, chidori gaeshi

[*dan 2*] – harai uke dan zuki

- **chio ken :**

[*dan 2*] – jun geri chi 1, gyaku geri chi 1, harai uke chi 2, jun geri chi 3, gyaku geri chi 3

- **kakuritsu ken :**

[*dan 1*] – kinteki geri hiza uke, gyaku geri hiza uke, mawashi geri sambo uke

[*dan 2*] – sokuto geri hiki ashi nami gaeshi, mawashi geri sambo uke nami gaeshi, dan geri sambo uke dan geri gaeshi

- **ryuo ken :**

[*kyu 6*] – kote nuki

[*kyu 5*] – katate yori nuki, maki nuki (katate)

[*kyu 4*] – tsuki nuki (soto, uchi), kiri nuki (soto, uchi)

[*kyu 3*] – ryote yori nuki, tsuki nuki (ryote), maki nuki (ryote), juji nuki (katate), nidan nuki, hiji nuki yori mae tembin

[*kyu 2*] – kiri kaeshi nuki (katate & morote), sankaku nuki juji nuki (ryote), gassho nuki, johaku nuki (katate, ryote), oshi kiri nuki

[*kyu 1*] – morote tsuki nuki, katate oshi nuki, morote juji nuki, morote hiji nuki, eri nuki, sode nuki

[*dan 1*] – nidan nuki, oshi nuki (katate), hiki nuki (morote), juji nuki (morote)

[*dan 2*] – uchi nuki (katate & ryote)

- **ryuka ken :**

[*kyu 5*] – gyaku gote

[*kyu 4*] – okuri gote (katate), okuri maki tembin

[*kyu 3*] – gyaku gote yori ura gaeshi nage, juji gote (katate)

[*kyu 2*] – okuri gote (ryote), okuri dori, okuri yoko tembin, juji gote (ryote), ryaku juji gote, maki juji gote, kiri gote (katate & morote)

[*kyu 1*] – maki gote (katate, morote), morote juji gote
[*dan 1*] – oshi gote (katate & ryote), kote maki gaeshi, maki gote (katate & morote), juji gote (morote)

[*dan 2*] – gyaku gote (morote), yakute nage, shita uke geri kote nage, ryu nage, soto maki tembin, nuki uchi oshi gote, morote okuri gote tsuri otoshi, okuri hiji zeme, nuki uchi oshi gote, kiri kaeshi maki tembin, kiri kaeshi tembin

- **goka ken :**

[*dan 2*] – uwa uke nage, uwa uke yakute nage, hiki tembin, gyaku hiki tembin

[*dan 5*] – kannuki katate nage, katate kannuki nage, ryote kannuki nage, kammuki nai tembin, osae kannuki nage soto, bukkotsu nage, harai bukkotsu nage, ushiro bukkotsu nage

- **kongo ken :**

[*kyu 6*] – ude juji gatame

[*kyu 5*] – mae jubi gatame

[*kyu 4*] – okuri gatame

[*kyu 3*] – ura gatame, jui gatame, tate gassho gatame

[*kyu 2*] – okuri yubi dori

[*kyu 1*] – mae tembin gatame, tembin gatame (ura)

[*dan 2*] – okuri tembin dori, tate ichiji gatame, sekoshi ichiji gatame, tsuri age dori, tsuri age ura gatame, kumo garami, ura gassho gatame, ura hiza gatame, ryu gatame

- **rakan ken :**

[*kyu 2*] – johaku dori (katate, ryote)

[*kyu 1*] – sode maki, sode dori, sode maki tembin, hiki otoshi, kata muna otoshi, ude maki, eri juji

[*dan 2*] – hiki muna otoshi, ryo muna otoshi, maki otoshi, soto maki otoshi,

kata

ko manji ken (manji no kata)

- *uchi otoshi (right, closed), migi gedan gamae*
- **ichi, ni, san:** sashi kae ashi (*left*), soto uke (*right*), jodan zuki (*left*); chudan gyaku dachi (*right*), [zenkutsu dachi]; shita uke (*left*), [ichiji gamae, kokutsu dachi]
- **shi, go, roku:** uchi uke (*left*), chudan gyaku zuki, gyaku geri (*right*)
- **shichi, hachi:** [kokutsu dachi], shita uke (*left*), [hidari ichiji gamae], migi ken uke
- **ku:** yoko kagi ashi (*left*), migi han tenkan, migi uchi otoshi, [migi gedan gamae, zanshin]
- *repeat until original facing, optionally in combination with ryo-o-ken or tan-en embu of ryu-kei techniques*

ryuo ken 1

- kote nuki tan en: *migi chudan gamae*
- **ichi, ni:** sashi kae ashi (*left*), kagi te shuho (*right*), ura te uchi (*left, from chudan gamae*)
- **san, shi:** mae yose ashi (*right*), ko-te nuki (*right*), ura ken (*to sango and yongo*)
- **go:** kani ashi (*right*), hidari chudan choku zuki
- **roku, shichi:** fumikomi ashi (*left*), yoko furimi (*left*), migi jodan choku zuki, [migi ichiji gamae], yoko kagi ashi (*left*), migi mawashi geri, juji ashi sagari
- **hachi:** migi hiraki sagari, hidari shita uke, [hidari ichiji gamae, zanshin]
- **ku:** mae yose ashi (*right*), [kesshu dachi]